



Live Hygge!

Living in Erie County, we are faced with long, cold winters. Since we can't do much about the weather, we might as well embrace it! Hygge (pronounced: Hoo-ga) is a Danish word that has no exact English translation but can be used to describe a feeling of cozy contentment you feel after returning home after a long vacation away. It can also be described as the comfort of familiarity, fellowship and calm, soothing spaces. Considering Danes are considered some of the happiest people in the world, it wouldn't hurt trying some of these hygge ideas and see how you feel!

- Try adding warm afghans and fluffy pillows to your home décor
- Light some candles to add some soft light to any room
- Bake some cookies or breads to warm up your house and create a delicious atmosphere
- Drink a warm cup of spiced cider or hot cocoa
- Take a brisk walk while the sun is shining to boost your mood
- Gather with family and friends for a movie night

MISSION STATEMENT: *The mission of the Department of Senior Services of Erie County is to promote the well-being of all older adults through coordinated and cost-effective services which enhance their independence, dignity, and quality of life.*

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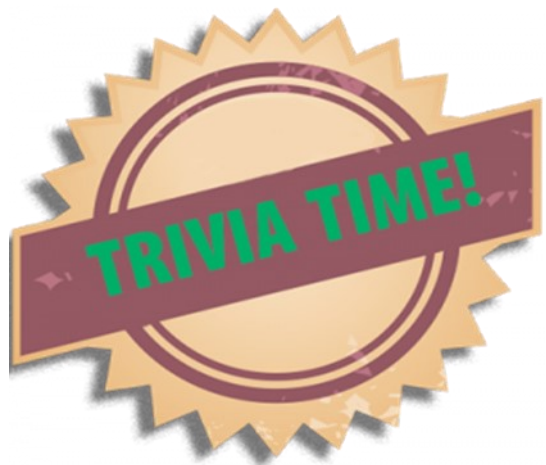


Greetings from University Express! We have some great things scheduled for February and we hope you take advantage! Be sure to also visit our website at erie.gov/ue to peruse our recorded classes.



Consider joining our virtual current events discussion group! We talk about those headlines that may not be front and center, but still current events nonetheless. Our next virtual meeting is on Thursday, February 10th at 2 pm. Email Katie at Katherine.earl@erie.gov for more information!

How much do you know about geography? Are you a movie buff? Hop on one of our upcoming virtual trivia sessions! You are assigned to a small team to answer three rounds of questions. The prize is bragging rights! Our upcoming sessions are Friday, February 4th at 2 pm and Friday, February 19th at 2 pm. Email Katie at Katherine.earl@erie.gov for more information!



Looking to learn a few things about football before the Super Bowl? Or maybe you just want to speculate about who will win and why? Join us for our virtual "Football 101 – Super Bowl Style" class on Wednesday, February 9th at 10:30 am! Email Katie at Katherine.earl@erie.gov for more information!

RSVP

Volunteering: A Love Story

Volunteering is a radical act of love. In the volunteering field, we talk a lot about how precious time is and what an irreplaceable gift it is our volunteers choose to share. To provide context to this idea, if the average human is given 692,040 hours on Earth, each hour spent volunteering becomes even more remarkable.

So why do you our volunteers choose to spend their finite amount of time giving to others? Well, the easy answer is love. When we ask our volunteers why they volunteer, their answers tend to fall into a few categories.

I volunteer because it makes me feel good. I volunteer because I feel more connected to my community. I volunteer because I get to try new things. I volunteer because I have been blessed in my life and I want to give back. I volunteer because after retiring, it gave me something meaningful to do with my time. I volunteer because I enjoy spending time with the friends I've made in the process of volunteering. I volunteer because I know I make a difference. I volunteer because I'm passionate about the cause I volunteer for.

With only 692,040 hours on Earth, it makes sense that we should volunteer because we love it, not because it feels like an obligation. There are many areas that RSVP volunteers feel passionate about, whether it's helping older adults through programs like Meals on Wheels, assisting Veterans by driving them to appointments with the DAV, teaching children to love books through Ohana100, or making the environment a better place to live through volunteering at Reinstein Woods.

Maybe you'll be like some of our volunteers who spend 30+ years making a huge impact at one site, or maybe you'll prefer a series of short-term love affairs by participating in our one-time volunteer projects. Whatever your volunteer love story looks like, RSVP is happy to be a part of it! Call us at 716-858-7548 or email RSVP@erie.gov today!



Recipe of the Month

Beef Enchiladas

This recipe is a simple and quick. Ground beef and onion are wrapped in flour tortillas, topped with cheddar cheese and black olives, then baked. This is also great with leftover chicken, shredded beef or turkey. Serve with a green salad or beans and rice.

Ingredients:

- 1 pound lean ground beef
- 1 small onion, chopped
- 1 (1.5 ounce) package dry enchilada sauce mix
- 10 (10 inch) flour tortillas
- 2 cups shredded Cheddar cheese
- 1 (2.25 ounce) can sliced black olives, drained



Directions:

1. Preheat oven to 350 degrees F. In a medium skillet over medium high heat, cook the ground beef and onion until beef is evenly browned and onion is tender.
2. Prepare the enchilada sauce according to package directions. Pour 1/4 cup of the sauce into the bottom of a 9x13 inch baking dish.
3. On each flour tortilla, place an equal portion of the ground beef mixture and about 1 ounce of Cheddar cheese, reserving at least 1/2 cup of cheese. Then tightly roll the tortillas and place seam side down in the baking dish.
4. Pour the remaining sauce over the top of the enchiladas and sprinkle with the remaining cheese and olives.
5. Bake in a preheated oven for 20 minutes, or until the sauce is bubbly and cheese is thoroughly melted.

Combatting Social Isolation:

History

National Archives- Search for and view valuable documents and materials from the United States Federal Government.

www.archives.gov

Library of Congress- Check out all of the information the Library of Congress has to offer.

www.loc.gov

WWII Memorial- Take a virtual tour of the National World War II Memorial led by Tom Hanks without leaving your living room!

www.youtube.com/watch?v=n-L0cdQLPnY

WWII Memorial- Take a virtual tour of the National World War II Memorial led by Tom Hanks without leaving your living room!

www.iwm.org.uk/collections

Vietnam Veterans Memorial- Learn more about the Vietnam Veterans Memorial and the elements that make up the memorial in this virtual tour.

www.vvmf.org/Virtual-Tour

Imperial War Museums- Travel overseas to visit the incredible collection of the Imperial War Museum in London—their Sound Archive holds over 33,000 recordings relating to conflict since 1914.

www.iwm.org.uk/collections



Club 99 Group Exercise

We use a combination of resistance band exercises, cardio, stretching and the use of a small exercise ball to help you stay motivated throughout the program. We meet daily, Monday through Friday from 9-10am.

All 60 and over are welcome to join in. The side effects of regular exercise are: improved sleep, increased blood circulation, improved heart health, increased confidence, weight loss or maintenance, increased flexibility and an overall increase in health and well-being.

If you have any questions or you would like more information, please contact Julie Ruzala at 858-6403 or julie.ruszala@erie.gov.



6 Specular Benefits of Group Exercise:

Working out with other people invested in their health and fitness has many amazing benefits. Check them out!

- **Meet New Friends:** Time spent with your group fitness buddies can develop into positive friendships that last a lifetime.
- **Renewed Motivation:** The company of others can both inspire and empower you!
- **More Workout Variety:** Group fitness classes can help you work different muscles in your body and keep fitness fresh.
- **Lots of Fun:** Group workouts can be invigorating and exciting!
- **Overcome Plateaus:** Bust through your “rut” by burning more calories, varying your routine and getting an extra boost of motivation.

Diabetes Prevention Program

Did you know that Erie County Senior Services has a program called **Diabetes Prevention Program (DPP)**? We partner up with Western New York Integrated Collaborative Care (WNYICC) to provide an evidence-based lifestyle change program to prevent the risk of type 2 diabetes.

In order to achieve the Centers for Disease Control and Prevention (CDC) recognition, at least 22 of 26 modules must be completed. Sixteen modules will be completed in the first 6 months and at least 6 modules will be completed in the last 6 months of the program. Therefore, DPP requires a year-long participation.

Examples of modules are: Get Active to Prevent T2, Track Your Activity, Eat Well to Prevent T2, Track Your Food, Manage Stress, Eat Well Away from Home, Get Enough Sleep and many more.

To qualify, individuals must meet **ALL** of these requirements:

- Body mass index (BMI) of ≥ 25 kg/m²
- Not diagnosed with type 1 or type 2 diabetes

And meet **ONE** of these requirements:

- Diagnosed with prediabetes through blood test results (either hemoglobin A1C, fasting plasma glucose or 2-hour plasma glucose)
- A positive screening for prediabetes based on Prediabetes Risk Test (<https://www.cdc.gov/prediabetes/takethetest/>)



If you are interested and would like to know more information, you can contact Janice Nowak at 858-7470.

Health Tips of the Month

Enjoy these wonderful health tips to help you stay motivated all month long!

1. Stretching first thing in the morning helps get your blood and lymphatic system flowing, energizing your body and boosting natural alertness.
2. Eat a high protein breakfast. Starting the day with a protein-rich meal will further boost your energy levels and mental clarity and keep you satisfied longer.
3. Ditch the box cereal, which is mostly refined carbs that will bounce your blood sugar
4. Take time for health and beauty rituals. This might include apply lotion, following a healthy skincare routine, and healthy mouthwash and flossing.
5. Do something that makes you feel accomplished. This could be a creative project, making your bed or catching up on an inbox full of emails.
6. Choose your clothing the night before an occasion to have more time and energy to focus on your morning routine.
7. Go to bed earlier. Trade a half hour for a half hour. And if you really want to wake up earlier, enforce it.
8. Set your alarm 10 minutes earlier each day until you reach your new desired time. You'll barely notice the change.
9. To get up earlier, give yourself something to look forward to when you get out of bed. Have breakfast lined up or scheduled time for an activity you enjoy.
10. Read the nutrition facts label on packaged foods- the nutrition label tells you how many calories and serving in a box. Use these to make healthy choices.





Erie County Stay Fit Dining Program
STANDARD
FEBRUARY 2022



Happy Valentine's Day

Monday	Tuesday	Wednesday	Thursday	Friday
31 Cheese Omelet w/ Cheese Sauce Peppers, Onions & Tomatoes Tater Tots Raisin Bread Fruit Compote (777)	1 Entrée Salad Greek Grilled Chicken Salad Breakaway Roll Cinnamon Pear Crisp (867) 	2 Lentil Bolognese Pasta Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Peach Bavarian (730) 	3 Breaded Pork Chop with Gravy Lazy Pierogi Harvard Beets Whole Wheat Dinner Roll Pineapple & Mandarin Oranges (700) 	4 Teriyaki Beef Strips Over White Rice Oriental Mixed Vegetables Orange Pineapple Juice Fresh Pear <i>Chocolate Milk</i> (862) 
7 Chicken Piccata with Lemon Caper Sauce Vegetable Rice Pilaf French Bean Medley Dinner Roll Fresh Orange <i>Chocolate Milk</i> (859) 	8 Stuffed Shells with Tomato Meat Sauce and Shredded Mozzarella <i>Chef Salad with Dressing</i> Cauliflower Italian Bread Shortbread Cookies (921) 	9 Pork Ribette with BBQ Sauce Scalloped Potatoes Peas with Red Pepper Dinner Roll Chocolate Bavarian (808) 	10 Entrée Salad Tuna Salad on a Bed of Salad Greens with Dressing Whole Wheat Dinner Roll Ice Cream (876) 	11 Soup & Salad Cream of Potato Soup with Ham Brussel Sprouts <i>Chef Salad with Dressing</i> Cornbread Strawberry Gelatin with Fruit (859) 
14 Valentine's Day Cheese Tortellini with Chicken and Roasted Red Pepper Sauce Carrots Broccoli Florets <i>Chef Salad with Dressing</i> Dinner Roll (839) Chocolate Drizzled Cheesecake  	15 Entrée Salad Southwestern Steak Salad with Ranch Dressing Whole Wheat Dinner Roll Cinnamon Applesauce <i>Chocolate Milk</i> (907) 	16 Ham Steak with Crushed Pineapple Topping Sweet Potatoes Creamy Cabbage with Dill Whole Wheat Dinner Roll Shortbread Cookies (892) 	17 Breaded Chicken Breast with Gravy & Cranberry Sauce Garlic Mashed Potatoes Green Bean Casserole Wheat Bread Strawberry Bavarian (887) 	18 Stuffed Pepper with Tomato Meat Sauce Italian Vegetables Mashed Potatoes Dinner Roll Fruit Compote (854) 
21 Presidents' Day Holiday  No Meals Served	22 Sloppy Joe on a Wheat Roll Seasoned Roasted Red Potatoes Sliced Carrots Tropical Fruit (855) 	23 Boneless Chicken Breast with Herb Gravy Mushroom Farro Risotto Broccoli Deli Rye Bread Fresh Banana <i>Chocolate Milk</i> (768) 	24 President's Day Lunch Breaded Bone-in Pork Chop with Gravy Ranch-seasoned Mashed Potatoes Peas with Pearl Onions <i>Chef Salad with Dressing</i> Dinner Roll Cherry Pie with Whipped Topping (1016) 	25 Beer Battered Fish with Tartar Sauce German Potato Salad Mixed Vegetables <i>Coleslaw</i> Cornbread Ambrosia (837) 
28 Rotini & Meatballs with Tomato Sauce & Shredded Mozzarella Cauliflower Seasoned Spinach Fruit Cocktail (881) 	1 Fat Tuesday Chicken & Sausage Paella Yellow Rice Fiesta Corn Fruit Punch <i>Marinated Cucumber Salad</i> Chocolate Eclair (798) 	Ash Wednesday 2 Soup & Salad Broccoli Cheddar Soup <i>Chef Salad with Dressing</i> Carrots Cornbread Fresh Apple <i>Chocolate Milk</i> (976) 	3 Beef Stew Mashed Potatoes Biscuit Chocolate Mousse (727) 	4 Entrée Salad Tuna Macaroni Salad on a Bed of Salad Greens Whole Grain Crackers Frosted Spice Cake (820) 